

CHEATSHEET

MAPLE CINNAMON ZUCCHINI LOAF



In recent celebration of National Zucchini Day (August 8), here is my my very own Maple Cinnamon Zucchini Loaf recipe! It probably should have been more like a bread but I had pancake mix in my cupboard so I chose that instead! Work with what ya got, right? Loaded with fresh zucchini and a maple cinnamon twist, this recipe will make ya understand why I love zukes so much! Perfect for any time of day because you don't follow rules, you rebel you!

INGREDIENTS

- 115g shredded zucchini
- 1 egg
- 70g plain Greek yogurt
- 35g carton egg whites
- 40g pancake mix
- 5g stevia powder
- 5g Canadian Protein Canadian Maple flavour
- 15g Canadian Protein pea protein isolate
- 1 tsp baking powder (~6g)
- 1/2 tsp powder cinnamon



DIRECTIONS

Preheat oven to 350 glorious degrees. Spray pan (or line with parchment paper.) In a bowl combine zukes, eggs, and yogurt. Mix thoroughly. In a separate bowl, combine dry ingredients (pancake mix, stevia, baking powder, cinnamon.) Sift in dry ingredients into wet ingredients. Stir batter thoroughly. Bake at 350 for 60 minutes (ensure toothpick inserted comes out clean.) Let bread cool in pan for 10 minutes, if you can resist the hanger for that long. Remove loaf and eat the whole damn pan cause ya earned it!

NUTRITION INFORMATION

Serving Size: entire loaf (because we don't need to share!)

Calories: 267
Total Fat: 5.2g
Carbohydrate: 35.9g
Protein: 19.7g
Sugar: 5.2g
Fibre: 2.1g
Sodium: 422.6mg

CHEF'S COMMENTS

- Try adding more baking powder to make it fluffier.
- And probably use real flour instead of pancake mix... Whatever you want!



Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

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